

# CACFP Center

## Handy Guide to Creditable Foods

Green

Revised 2/15

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health Services to help assure good nutrition for all participants. The USDA reference is the Crediting Handbook for the CACFP <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>. Organizations are encouraged to consult the Crediting Handbook or contact the State agency with questions regarding specific foods or quantities.
2. This is a partial listing of creditable foods for children one year of age and older, and adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Water must be made available during meals and throughout the day. Water is not a creditable food and cannot replace any required meal component.
5. An allergy/exception statement from a medical authority is required when a participant cannot follow the meal pattern due to a disability. The allergy/exception statement is recommended if the participant has a food allergy but can follow the meal pattern.

## Milk



1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch and supper. For children, milk may not be credited for snacks when juice is served as the other component. Milk may be one of the two required components for snacks. Serving milk at supper to an adult participant is optional.
3. Non-dairy beverages that are nutritionally equivalent to milk can be served if a parent note is on file (see p. 2-21 & 2-22).
4. It is recommended that whole milk be served to children between one and two years of age.
5. Milk must be served as a beverage or over cereal.
6. Milk is not creditable when used in cooking (e.g., soup, custard, and pudding).
7. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that breast milk or iron-fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, iron-fortified formula or breast milk for children under two years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. An allergy/exception statement is needed to serve iron-fortified formula after 13 months of age. Breast milk may be served to children until two years of age.

## Creditable

Acidified milk (acidophilus), non-fat or fat free (skim), low fat (1%)  
Breast milk, until the child turns two years of age  
Buttermilk, cultured milk or kefir  
Cow's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)  
Cocoa – made only from fluid skim or 1% milk  
Goat's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)  
Lactose-reduced milk non-fat or fat free (skim), low fat (1%)  
Milkshakes – only the milk portion  
Milk substitutes when nutritionally equal to cow's milk\* (with a written request from a parent/guardian)  
Organic milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)  
Smoothies – only the milk portion credits for milk  
Soy milk – only if a parent note is on file and the nutrients are nutritionally equivalent to cow's milk\*  
UHT milk – ultra high temperature (shelf stable) cow's milk  
Whole milk – for children 1-2 years of age only  
Yogurt – for adult participants (and in smoothies, except for breakfast)

\*Products known to meet this requirement are 8th Continent Soy Milk (regular and vanilla), Silk Original Soymilk, Pacific Natural Ultra Soymilk (plain and vanilla), Great Value Original Soymilk, Westsoy (organic, plain and vanilla) and Kikkoman shelf-stable product in individual containers (vanilla and chocolate). Allergy/exception statements are required for other brands. Contact the State agency if you have questions about a specific product.

## Non creditable

Almond milk  
Cocoa mix made with water  
Coconut milk  
Coffee creamers  
Cream  
Cream sauce  
Cream soup  
Custard  
Dry milk  
Eggnog  
Evaporated milk  
Half and half  
Ice cream and frozen yogurt  
Ice milk  
Imitation milk  
Pudding  
Pudding pops  
Raw milk (certified or uncertified)<sup>1</sup>  
Reconstituted dry milk (only with State approval)  
Rice milk  
Sherbet or sorbet  
Sour cream  
Soy milk, beverage or drink (when not nutritionally equal to cow's milk)  
Sweetened condensed milk  
Whole and 2% milk for children over age 2  
Yogurt – for children ages 1-12 years (creditable only as a meat alternate).

<sup>1</sup>Serving this food is prohibited. It may not be served as an "extra" food.



# Meat/Meat Alternates

1. Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. A combination of two meat/meat alternates may be served at the same meal to total the required serving size. A meat/meat alternate is required at lunch and supper; may be served as a component at snack; and may be served as an extra food at breakfast.
2. At least ¼ ounce or ½ tablespoon of cooked lean meat or its equivalent must be served to count as part of the required serving.
3. Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
4. Nuts or seeds may fulfill no more than ½ of the required meat/meat alternate serving at lunch and supper.
5. In breaded products, and meat sauces only the meat portion is counted.
6. For commercial combination products, read labels carefully:
  - a. If the product name exactly matches a food item listed in the Food Buying Guide (FBG), use it to determine how much to serve.
  - b. If the product is not listed in the FBG, a Child Nutrition (CN) label (see p 2-15), or signed Product Formulation Statement (PFS) from the manufacturer (not a salesperson or distributor) is required (see p 2-16). Examples of commercial combination foods include meat products that contain cereal, binders and extenders\*; canned or frozen stew; commercial lasagna; canned pasta; pizza; pot pie; ravioli; and breaded meats like chicken nuggets or fish sticks.
7. If combination foods are prepared from scratch at the center, a standardized recipe must be on file that includes the amount of all ingredients, the serving size, the number of servings it yields, and amount of meat/meat alternate per serving (see p. 2-18).
8. Shell fish or nuts may cause food intolerances, especially among preschool participants.

## Creditable

Canadian bacon and ham (use FBG for yield) ○  
 Cheese, natural or processed ○  
 Cheese food, spread or substitute ○  
 (2 oz. = 1 oz. meat alternate)  
 Corn dogs - only the hot dog counts as meat ○  
 Cottage cheese, ricotta cheese ○  
 ¼ c. or 2 oz. = 1 oz. meat alternate  
 Dried peas, beans, lentils, refried beans, soy beans  
 (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)  
 Eggs, whole only - fresh, frozen, dried or liquid  
 Falafel (only the bean portion counts)  
 Fish and shellfish – cooked, count only meat portion  
 Fish sticks or portions (use FBG for yield) ○  
 Hot dogs (must be all meat; no cereals, binders or extenders) ○  
 Hummus (must have recipe or PFS)  
 Liver, kidney, tripe  
 Lunch meat ○ – all meat; no cereals, binders or extenders\*  
 (only those listed in the FBG, with CN label or PFS)  
 Peanuts, nuts, seeds, soy nuts<sup>1</sup>  
 Peanut, nut, soy or seed butter, regular<sup>1</sup>  
 Pizza, homemade (must have recipe) ○  
 Pot pies, homemade (must have recipe)  
 Quiche (must have recipe) ○  
 Sausage (must be all meat; no cereals, binders or extenders)\*  
 Soups (must be homemade with at least ¼ oz. or  
 equivalent of meat/meat alternate per serving to credit)  
 Spare ribs, only lean meat portion ○  
 Tahini (credit as a seed butter)  
 Yogurt, commercial (including tube); plain, flavored, low fat,  
 unsweetened or sweetened (use FBG for yield)

○ Limit use, since may be high in salt and/or high in saturated fat.

\* Examples include: starch, soy flour, soy protein isolate, isolated soy

<sup>1</sup> Choking risk to those under 4 years and the elderly.

<sup>2</sup> Alternate protein products may be up to 100% non-meat protein, and must have a CN label or signed Product Formulation Statement (PFS).

<sup>3</sup> Serving these foods is prohibited. They may not be served as "extra" foods.

## Non creditable

Alternate protein products such as vegetarian patties<sup>2</sup> (must have CN label or PFS)  
 Bacon, bacon-bits, imitation bacon  
 Canned cheese sauce  
 Canned or frozen combination foods (must have CN label, recipe or PFS)  
 Cheese product or imitation cheese (Velveeta)  
 Chestnuts  
 Coconut  
 Commercial breaded meat products (must have CN label or PFS)  
 Cream cheese  
 Egg substitutes, whites, yolks  
 Fish – home caught or home pickled<sup>3</sup> ○  
 Frozen yogurt  
 Game – venison, squirrel, fish etc. (must be USDA or State inspected)  
 Ham hocks, pigs' feet, neck bones, tail bones  
 Home canned meats, home slaughtered meats<sup>3</sup>  
 Imitation meats/meat alternates (e.g. imitation crab meat)  
 Jerky (beef, turkey salmon)  
 Meat products made with binders or extenders<sup>2</sup> (must have CN label or PFS)  
 Nutella  
 Pepperoni<sup>2</sup> (must have CN label or PFS) ○  
 Pizza, commercial (must have CN label, recipe or PFS) ○  
 Pot pies, commercial (must have CN label, recipe or PFS) ○  
 Potted, pressed or deviled canned meat (e.g., Spam) ○  
 Powdered cheese – in boxed macaroni and cheese  
 Processed meats with cereals, binders or extenders<sup>2</sup>  
 (creditable only if CN labeled)\*  
 Salami (must have CN label or PFS) ○  
 Snack meat sticks (smoked, beef, poultry, pepperoni) ○  
 Soup – commercial canned  
 Soy cheese<sup>3</sup> (must have CN label, recipe or PFS)  
 Spam  
 Sausage - Polish, Summer, Vienna, (must have CN label or PFS) ○  
 Turkey bacon (must have CN label or PFS) ○  
 Tofu, tempeh, seitan  
 Vegetable/meat protein mixtures<sup>2</sup>, (must have CN label or PFS)\*  
 Yogurt – homemade<sup>3</sup>, yogurt-covered fruits, nuts

# Vegetables and Fruits



Green

1. Most fruits and vegetables are creditable. Serve a variety for improved nutrition.
2. A minimum of two different vegetables and/or fruits must be served at lunch and supper. One fruit, vegetable, or juice must be served at breakfast.
3. At least  $\frac{1}{8}$  cup (2 tablespoons) of fruit or vegetable must be served to each participant in order to count toward meeting the minimum serving size requirement.
4. All fruit juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
5. Juice may count up to  $\frac{1}{2}$  of the total fruit/vegetable requirement for lunch or supper.
6. Juice may not be served for snack if milk is the only other required food served.
7. Two different fruits and/or vegetables cannot be served as the two required components at snack. A second food item from a different component group must be served.
8. Two forms of the same food (e.g. apples and apple juice) cannot be credited in the same meal.
9. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.
10. Cooked dry beans or split peas may be credited as either a vegetable or meat alternate, but not as both in the same meal.

## Creditable

Apple cider – must be pasteurized  
 Baby carrots<sup>3</sup>  
 Dried peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry)  
 Chopped vegetables, in homemade casserole, stew<sup>1</sup>  
 Coleslaw<sup>1</sup>  
 Cranberry juice blend – if a blend of full strength juices  
 Cranberry sauce – made with whole cranberries (not jellied)  
 Dehydrated vegetables – measure when re-hydrated  
 Desserts made with fruit<sup>1</sup>  
 Dried fruit (apricots, dates, figs, prunes, raisins)  
 Edamame (green soy beans)  
 Frozen juice bars – must be made with 100% fruit and/or juice  
 Fruit cobbler, crisp<sup>1</sup>  
 Fruit cocktail – counts as one fruit  
 Fruit or vegetable in gelatin or pudding<sup>1</sup>  
 Fruit pie, homemade<sup>1</sup> (must have recipe)  
 Fruit puree (100% fruit)  
 Fruit sauce, homemade<sup>1</sup> (must have recipe)  
 Juice, 100% full strength  
 Juice blends – if a blend of full strength juices.  
 Juice concentrates, reconstituted to equal 100% juice  
 Kale  
 Kiwi fruit  
 Mixed vegetables – count as one vegetable  
 Mushrooms  
 Mustard greens  
 Olives<sup>1,3</sup> ♦  
 Onion rings, homemade<sup>1,2</sup> ♦ (must have recipe)  
 Pickles<sup>1,3</sup> ♦  
 Pimentos<sup>1</sup>  
 Pizza sauce<sup>1</sup>  
 Potatoes  
 Potato skins  
 Salsa (all vegetable including spices)  
 Smoothies -- including fruits and/or vegetables (puree = juice)  
 Soup (tomato or veg.) – if commercial, 1 c. soup =  $\frac{1}{4}$  c. veg  
 Spaghetti sauce<sup>1</sup>  
 Tomato paste – 1 Tbsp. =  $\frac{1}{4}$  c. vegetable  
 Tomato puree – 2 Tbsp. =  $\frac{1}{4}$  c. vegetable  
 Tomato sauce – 4 Tbsp. or  $\frac{1}{4}$  c. =  $\frac{1}{4}$  c. vegetable  
 Tomato juice  
 Vegetable juice blend (e.g., V-8 juice)

♦ Limit use, since high in salt and/or high in fat.

## Non creditable

Apple butter  
 Banana chips, commercial  
 Barbecue sauce  
 Caffeinated drinks  
 Chili sauce  
 Coconut  
 Corn chips<sup>3</sup> (count as grain/bread if whole grain or enriched)  
 Dry spice mixes  
 Frozen fruit flavored bars, popsicles  
 Fruit "drink"  
 Fruit flavored syrup or powder  
 Fruit in cookies, breads, muffins, and grain bars – (e.g., Fig Newtons)  
 Fruit in commercial fruited yogurt  
 Fruit leather, fruit rollups, fruit shapes  
 Fruit flavored canned punch (e.g., Hawaiian Punch)  
 Fruit flavored ice cream  
 Fruit flavored water  
 Fruit syrup – from canned fruit  
 Gummy fruit candy<sup>3</sup>  
 Home canned fruits and vegetables  
 Hominy  
 Honey, syrups, jam, jelly, preserves  
 Jell-O, gelatin  
 Juice cocktails (e.g., cranberry, grape, etc.)  
 Juice drink  
 Ketchup, condiments and seasonings  
 Kool-Aid  
 Lemon pie filling  
 Lemonade  
 Orangeade  
 Pickle relish ♦  
 Pizza, commercial<sup>2</sup> (must have CN label, recipe or PFS)  
 Popsicles – commercial  
 Posole  
 Potato chips, potato sticks<sup>3</sup>  
 Pudding with fruit – commercial  
 Raw sprouts  
 Sherbet, sorbet (must have CN label, recipe or PFS)  
 Sports drinks  
 Toaster pastry filling

<sup>1</sup> Only the vegetable or fruit portion counts. Must have at least  $\frac{1}{8}$  cup (2 Tablespoons) per serving.

<sup>2</sup> If a commercial product, must have a standardized recipe, CN label or PFS.

<sup>3</sup> Choking hazard



# Grains/Breads

1. Creditable grains/breads must list whole grain or enriched flour/meal, bran or germ as the first ingredient. Cereals must be whole grain, enriched or fortified. Carefully read the ingredient labels to ensure these requirements are met.
2. A grain/bread must be served for breakfast, lunch and supper, and may be one of the two components served at snack.
3. At least ¼ serving of grains/breads must be served to count as part of the required serving size.
4. Children and older adults need nutrient dense foods. Sweets may not be credited as grains/breads at lunch, and must be limited to no more than twice a week at snack. Limiting sweet grains/breads is recommended at breakfast. Sweet food items are indicated with a footnote of 3 or 4.
5. See pages 2-14, 2-17 and 2-18 to determine portion sizes for grains/breads.

## Creditable

Bagels  
 Banana, carrot, pumpkin, zucchini bread ☐  
 Biscuits ☐  
 Boston brown bread  
 Bread pudding, homemade<sup>1,3</sup> (must have standardized recipe)  
 Breeding or batter on meats (must have CN label, PFS, or standardized recipe)  
 Bread sticks, hard<sup>2</sup> or soft  
 Bread stuffing<sup>1</sup>  
 Cake, cupcakes<sup>3,5</sup> ☐  
 Cereal – dry or cooked, 6 gm. of sugar or less is recommended  
 Cereal bars<sup>1,2,4</sup> (must have if homemade or PFS if purchased)  
 Chips<sup>2</sup> – grain based, enriched or whole grain ☐  
 Chow mien noodles ☐  
 Cinnamon rolls<sup>4</sup> ☐  
 Coffee cake<sup>4</sup> ☐  
 Cookies, brownies or bars<sup>3,5</sup> ☐  
 Corn bread or corn muffins ☐  
 Corn pone, hoe cake  
 Corn tortillas  
 Couscous  
 Crackers<sup>2</sup>  
 Cream puff shells<sup>3,5</sup> ☐  
 Crepes  
 Croissants ☐  
 Croutons<sup>2</sup> ☐  
 Doughnuts<sup>4,5</sup> ☐  
 Dumplings  
 Egg roll skins, won ton wrappers  
 English muffins  
 Fig bars<sup>3</sup> (only the cookie credits)  
 Fruit crisp or cobbler crust, homemade<sup>1,3,5</sup> ☐ (must have recipe)  
 Fry bread ☐  
 Gingerbread  
 Graham crackers  
 Grain fruit bars, granola bars<sup>1,2,4</sup>  
 Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat (if whole grain, enriched or fortified)  
 Granola<sup>1,2</sup> ☐  
 Grits, whole grain or enriched  
 Hushpuppies ☐  
 Kasha (buckwheat)

☐ Limit use since may be high in salt and/or high in fat.

Macaroni, noodles, spaghetti and other pasta shapes  
 Macaroni in boxed or homemade macaroni and cheese  
 Muffins  
 Pie crust or shell<sup>5</sup> - dessert pies<sup>3</sup>, or in main dish pie (must have recipe) ☐  
 Pita bread  
 Pizza crust  
 Popovers  
 Pretzels, soft and hard<sup>2</sup>  
 Pop tarts, toaster pastries (only the crust)<sup>4,5</sup>  
 Puff pastry with main dish ☐  
 Quick breads including biscuits, muffins, banana, carrot, pumpkin, zucchini ☐  
 Rice cakes<sup>5</sup>  
 Rice pudding<sup>1,3</sup> ☐ (must have standardized recipe)  
 Scones  
 Snack crackers<sup>2</sup> ☐  
 Sopapillas<sup>3</sup> ☐  
 Spoon bread  
 Sweet rolls, buns, pastries<sup>4</sup> ☐  
 Taco or tortilla shells<sup>2</sup> ☐  
 Tortillas  
 Turnover crust<sup>4</sup> ☐  
 Vanilla wafers (plain cookies)<sup>3</sup>  
 Waffles  
 Wheat germ, bran

## Non creditable

Caramel corn  
 Commercial breeding or batter (must have CN label or PFS)  
 Commercial cereal bars (must have CN label or PFS)  
 Grains included in smoothies  
 Grits (if whole grain or enriched)  
 Hominy  
 Ice cream cones<sup>5</sup> (only if whole grain or enriched)  
 Nut or seed flour  
 Popcorn  
 Potatoes, potato pancakes (credit as a vegetable)  
 Potato chips, potato sticks  
 Tapioca

- <sup>1</sup> Only the amount of bread, flour, meal or grain counts.
- <sup>2</sup> Hard, dry foods may cause choking.
- <sup>3</sup> Sweet food product-creditable for snacks only.
- <sup>4</sup> Sweet food product-creditable for snacks and breakfast only.
- <sup>5</sup> Serving size probably not reasonable.

## Grains/Breads<sup>1, 2</sup> Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

<p><b>Group A</b></p> <p>1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz</p>	<p><b>Group D</b></p> <p>1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz</p>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)<sup>7</sup></li> <li>• Chow mien noodles<sup>7</sup></li> <li>• Crackers (saltines or soda crackers and snack crackers)</li> <li>• Croutons<sup>7</sup></li> <li>• Pretzels (hard)<sup>7</sup></li> <li>• Rice cakes, plain<sup>7</sup></li> <li>• Stuffing, bread portion (dry)<sup>7</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars<sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet rolls<sup>4</sup> (unfrosted)</li> <li>• Sweet quick breads (e.g., banana, pumpkin, zucchini)</li> <li>• Toaster pastries<sup>4</sup> (unfrosted)</li> </ul>
<p><b>Group B</b></p> <p>1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz</p>	<p><b>Group E</b></p> <p>1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz</p>
<ul style="list-style-type: none"> <li>• Bagels, bagel chips</li> <li>• Batter type coating, breading</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian, pumpernickel, raisin)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)<sup>7</sup></li> <li>• Taco or tortilla shells<sup>7</sup></li> <li>• Wonton wrappers</li> </ul>	<ul style="list-style-type: none"> <li>• Cookies<sup>3, 7</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>4</sup></li> <li>• Granola bars<sup>4, 7</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Rice cakes, with chocolate chips or peanut butter</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastries<sup>4</sup> (frosted)</li> </ul>
<p><b>Group C</b></p> <p>1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz</p>	<p><b>Group F</b></p> <p>1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz</p>
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain)</li> <li>• Cornbread, Johnny cake or hushpuppies</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes or crepes</li> <li>• Pie crust (dessert pies<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>
	<p><b>Group G</b></p> <p>1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz</p>
	<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>
	<p><b>Group H</b></p> <p>1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup</p>
	<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked)<sup>5, 6</sup></li> <li>• Bulgur, couscous or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>
	<p><b>Group I</b></p> <p>1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ⅓ cup or .5 oz, whichever is less</p>
	<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)<sup>5, 6</sup></li> <li>• Cereal bars<sup>4, 8</sup></li> </ul>

<sup>1</sup> The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

<sup>2</sup> Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Sweet food product-creditable for snacks only.

<sup>4</sup> Sweet food product-creditable for snacks and breakfasts only.

<sup>5</sup> Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet nutrient criteria.

<sup>7</sup> Hard dry foods may cause choking.

<sup>8</sup> To count as one full serving of grains/breads, a homemade cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Purchased cereal bars may not be automatically credited; a Product Formulation Statement must be obtained from the manufacturer. Crediting will depend on the volume or weight of the ready-to-eat cereal in each bar.